

The Aging and Disability Resource Center of Dodge County offers several different evidence based classes through Wisconsin Institute for Healthy Aging (WIHA).



From research, to practice, to people, WIHA develops and nurtures relationships between community organizations and researchers to test wellness interventions and – once proven effective – facilitates the spread of those programs to people in Wisconsin.

WIHA helps people take steps to improve their health and quality of life through home grown, evidence based programs and practices. The ADRC offers programs related to Chronic Conditions, Caregiver Support, Incontinence and Falls Prevention **AT ZERO COST!**



### LIVING WELL WITH CHRONIC CONDITIONS

*Living Well with Chronic Conditions* is a workshop for people with ongoing health problems such as arthritis, obesity, high blood pressure, depression, heart disease, and others. The workshop provides participants with tools to better navigate life's "ups and downs" and increase their health knowledge. *Living Well* meets for 2.5 hours, once a week, for six consecutive weeks.



### HEALTHY LIVING WITH CHRONIC PAIN

*Healthy Living with Chronic Pain* is a workshop for people who have on-going, persistent pain. This community-based program is very interactive, where mutual support and success build participants' confidence in their ability to manage their pain. The workshop meets for 2.5 hours, once a week, for six consecutive weeks.



### HEALTHY LIVING WITH DIABETES

*Healthy Living with Diabetes* is a workshop for people with Type 2 diabetes, as well as people who are pre-diabetic. People who live with someone who has diabetes are also welcome to attend. Group support helps you build the confidence to manage your diabetes and maintain an active and fulfilling life. The class meets for 2.5 hours, once a week, for six consecutive weeks.

## Powerful Tools FOR Caregivers

*Powerful Tools for Caregivers* is a six week, once a week, educational workshop for people who are taking care of a family member or friend. It is designed to support the family caregiver and improve his or her well-being. It does not teach hands-on care or focus on disease or other conditions, but rather helps the caregiver cope with the physical, emotional, and financial challenges of being a caregiver.



Caregivers who take *Powerful Tools for Caregivers* experience greater self-efficacy, better emotional well-being, increased use of self-care behaviors, and increased awareness and use of community resources. Family caregivers should take this course to help them better cope with the challenges of caregiving and get support and resources to make the caregiving journey easier.



*Mind Over Matter: Healthy Bowels, Healthy Bladder* is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms. It meets for three, two hour sessions every other week. Learn new information and group activities along with simple exercises and dietary changes to practice at home. Even if you do not have leakage symptoms now, it is never too early or too late to think about your bladder and bowel health!



*Stepping On* is a falls prevention workshop that empowers older adults to carry out health behaviors that reduce the risks of falls. It meets for two hours, once a week, for 7 consecutive weeks. Older adults learn balance and strengthening exercises and develop specific knowledge and skills to prevent falls. *Stepping On* has been researched and proven to reduce falls by 31%!



## Contact

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### Email:

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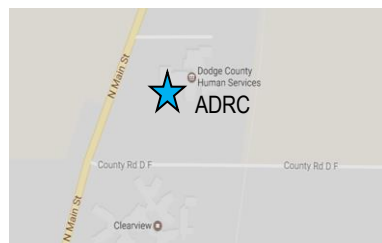
920-386-4015

## Office Hours

Monday - Friday  
8 - 4:30 pm  
or by Appointment

## Address

Henry Dodge Office Building  
199 County Road DF – 3<sup>rd</sup> floor  
Juneau, Wisconsin 53039



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# Health & Wellness



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